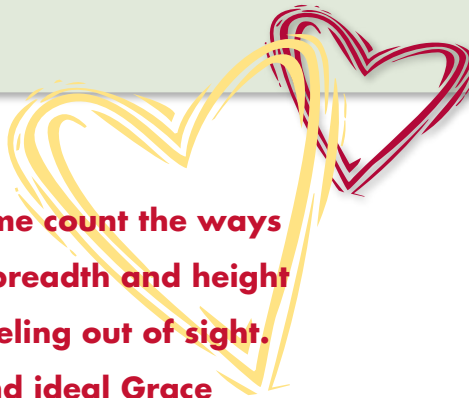




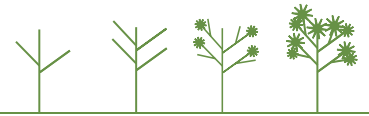
### FROM THE LIFESTYLE DIRECTOR:

Behind Christmas, Valentine's Day is the largest card-sending holiday of the year, with over one billion cards sent to friends, family, and loved ones. Although much of the history of St. Valentine is shrouded in mystery, with several different versions of just how and why this holiday came to be, it is a time to acknowledge those whom we love and admire. There are so many ways to say I love you, not only on Valentine's Day, but each and every day. Take time to tell someone you love them. LOVE... it is as simple, and complicated as that.



***H***ow do I love thee? Let me count the ways  
I love thee to the depth and breadth and height  
My soul can reach, when feeling out of sight.  
For the ends of Being and ideal Grace  
I love thee to the level of everyday's  
Most quiet need, by sun and candlelight.  
I love thee freely, as men strive for right  
I love thee purely, as they turn from praise  
I love thee with the passion put to use  
In my old griefs, and with my childhood's faith.  
I love thee with a love I seemed to lose  
With my lost saints, --I love thee with the breath,  
Smiles, tears, of all my life! -- and, if God choose,  
I shall but love thee better after death.

- Elizabeth Barrett Browning



**THE SEASONS**  
at East Meadow

1475 Front Street | East Meadow, New York

[seasonsateastmeadow.com](http://seasonsateastmeadow.com)

**516.307.3627**

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### Move-Up/Repeat Home Buyer TAX CREDIT

The Worker, Homeownership, and Business Assistance Act of 2009 has established a tax credit of up to \$6,500 for qualified move-up/repeat home buyers (existing homeowners) purchasing a principal residence after 11.6.09 and on or before 4.30.10 (or purchased by 6.30.10 with a binding sales contract signed).

*Come view*  
**our Redesigned Loft area  
in the upstairs homes....**  
perfect for a home office,  
den or 3rd bedroom!

# ANNOUNCEMENTS

**Continuing activities in February include:** Sunday Bagel Breakfast at 10:30am, Water Aerobics Mondays at 11am, Tuesday workouts with the Lifestyle Director at 5:30pm, Wii Wednesdays, Game Night Thursdays, Friday night feature films at 7pm, and Saturday night Wine and Cheese at 7:30.

This month look for a few additions to the Club! There will be two focus group meetings held at 2pm in the Card room on 2/6 and 2/27. All group leaders, and those homeowners interested in running clubs and planning future events should attend.

On February 7th we will have a **Super Bowl Party** from 5-10pm. Look for more details about cost and food in your weekly Seasons Greetings Memo.

There is a **NEW Homeowner Orientation** on Tuesday 2/16 at 6pm in the Cinema. This session is for new homeowners that closed during the month of January and February. If you cannot attend this meeting, we strongly encourage you to attend the orientation in March.

Our monthly **Pizza Party** run by Piero and Gloria Del Corso will be held on Friday, 2/19 at 6:30pm.

Saturday 2/20 there will be a **matinee movie** at 3pm.

The monthly **Homeowner Activity Meeting** will be held Wednesday, 2/24 at 7pm in the Cinema.

If you have not yet filled out your new Frequent Visitor form please do so as soon as possible and return it to the Gate House.

## SEASONS SPOTLIGHT SEASONS SPOTLIGHT SEASONS SPOTLIGHT

## SEASONS SPOTLIGHT SEASONS SPOTLIGHT SEASONS SPOTLIGHT

Photos from our New Years Eve Party!



### The “Two Glorias” Making Friends at The Seasons.

#### GLORIA YOUNG & GLORIA EDELMAN

Gloria Young and Gloria Edelman moved into their respective homes at The Seasons at East Meadow this past summer. Within a couple of weeks of moving here they met at our Hawaiian Luau party at our outdoor pool. And they’ve both met so many people that their social lives couldn’t be happier. “I sold my house because I didn’t want to be alone. I was really drawn to the country club lifestyle

at The Seasons. There are so many activities and fabulous pools and The Club”, Gloria Young told us. “And I absolutely love my beautiful upstairs condo.”

When asked why she sold her home of 40 years to come home to The Seasons, Gloria Edelman said, “One day I looked around at my big house and found that there was nothing left for me in Seaford that I knew. I needed a change... a wonderful change. And then I found The Seasons. When I saw the beautiful homes and clubhouse and met so many nice people I put my house on the

## HEART ATTACK WARNING SIGNS

Some heart attacks are sudden and intense — the “movie heart attack,” where no one doubts what’s happening. But most heart attacks start slowly, with mild pain or discomfort. Often people affected aren’t sure what’s wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening:

- Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath with or without chest discomfort.
- Other signs may include breaking out in a cold sweat, nausea or lightheadedness

As with men, women’s most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain. Learn the signs, but remember this: Even if you’re not sure it’s a heart attack, have it checked out (tell a doctor about your symptoms). Minutes matter! Fast action can save lives — maybe your own. Don’t wait more than five minutes to call 911 or your emergency response number. Calling 911 is almost always the fastest way to get lifesaving treatment. Emergency medical services (EMS) staff can begin treatment when they arrive — up to an hour sooner than if someone gets to the hospital by car. EMS staff are also trained to revive someone whose heart has stopped. Patients with chest pain who arrive by ambulance usually receive faster treatment at the hospital, too. It is best to call EMS for rapid transport to the emergency room.

Heart disease is the leading cause of death in the United States. The month of February is dedicated to raising awareness about heart disease and increasing knowledge about prevention. Educate yourself on the dangers of heart disease and get on track to better heart health.

### You Are What You Eat

Better food habits can help you reduce your risk for heart attack. A healthful eating plan means choosing the right foods to eat and preparing foods in a healthy way.

### Exercise & Fitness

Swimming, cycling, jogging, skiing, dancing, walking and dozens of other activities can help your heart. Whether it is included in a structured exercise program or just part of your daily routine, all physical activity adds up to a healthier heart.

### Be your own Best Friend

Take charge of your body and your life. Choose lifestyle changes that make for a healthier heart will also benefit your overall health and well-being.

Remember to include your second best friend in the fight against heart disease and stroke — your doctor. Know the right questions to ask and a physician can become your most valuable resource.

Heart disease is the No. 1 killer of women in the U.S. But you can do a lot to help protect yourself from this deadly enemy.

Look into your heart. See what changes you can make now for a healthier future. And finally, learn the warning signs:



market. I wanted my life to grow here. It was like pieces of the puzzle coming together... to meet people such as myself that I could create happy times with. Beautiful buildings. Beautiful homes. This is the perfect lifestyle for me, especially at this point in my life. I could see spending the rest of my life here.”



“I was really drawn to the country club lifestyle at The Seasons ”

# Words OF WISDOM

Love is a symbol of eternity. It wipes out all sense of time, destroying all memory of a beginning and all fear of an end.

## WHO WANTS TO...

Who wants to spread Valentine's Day cheer? I would love to send a greeting to those homeowners currently in Florida, to homeowners that are new to our community, and to anyone else that could use some extra cheer this month. If you would like to assist me with this special project please call or stop by my office on the second floor of the Club.

# EVENTS

## February

**Focus Group Meeting** 2/6, 2/27 • 2pm Card Room

**Superbowl Party** 2/7 • 5pm Cinema

**New Homeowner Orientation** 2/16 • 6pm Cinema

**Pizza Party** 2/19 • 6:30pm Card Room

**Saturday Matinee Movie** 2/20 • 3pm Cinema

**Homeowner Activity Mtg.** 2/24 • 7pm Cinema



## SEASONS SPOTLIGHT SEASONS SPOTLIGHT SEASONS SPOTLIGHT SEASONS SPOTLIGHT

### WELCOME our newest homeowners

**Warren and Carla Rosen,**  
Peconic, NY

**Josephine Sgro,** Brooklyn, NY

**Stanley and Susan Oransky,**  
Westbury, NY

**Dominic and Joanne Cimino,**  
Valley Stream, NY



**VISIT OUR BLOG**  
[blog.seasonsateastmeadow.com](http://blog.seasonsateastmeadow.com)

More photos from our  
New Years Eve Party!



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